

PAJC JOURNAL

November & December 2024



Marc L. Jones

Waukegan Township Supervisor/CEO

Dear Waukegan Township Family & Friends,

The holiday season is fast approaching and November & December are set to burst at the seams with exciting things to do! Holiday time is filled with gratitude. We, at Waukegan Township, wholeheartedly thank those who have previously served our country and are currently protecting our freedoms. We also thank those wonderful people who give freely of their time for the senior citizens within our communities.

Armed Services-Veterans: On **Monday, November 11th**, we will honor the men and women who have committed themselves to defending our freedoms and our nation, with **complimentary Veterans' Day** lunch delivery. If you've served in any branch of the armed forces, please contact us and register today.

Holiday Celebration: Please join us for our upcoming holiday celebration, complete with great entertainment, a gourmet traditional holiday lunch, raffles and special surprises! Contact the Patricia A. Jones Center at 847-244-9242 to RSVP. Space is limited for this special event, so register early. Transportation is available.

Coffee & Conversation with Waukegan Township Supervisor Marc L. Jones: Last month, we kicked off a new social opportunity for Waukegan Township seniors. On **Wednesday, December 11, 2024 at 10:00am**, join Supervisor Marc Jones for the second installment in the **Coffee & Conversation** social hour. Stop by for a great cup of coffee and candid conversation about Township happenings. Space is limited, so be sure to call 847-244-9242 to register.

Cuisine Café: Monday, November 18, 2024, Magnolia Café: **The Magnolia Café & Bakery** is not like any other restaurant. It's a place where you can enjoy a delicious homemade meal, while receiving the best service from the employees - adults with developmental disabilities. We will leave the PAJC at 11:00 am and return by 3:00 pm. The **\$33 fee** includes roundtrip transportation, appetizer, entree and drink.

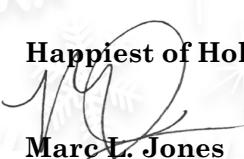
Monday, December 16, 2024 we will travel to **Cheddar's Scratch Kitchen**. Meal includes appetizer, and entrée. You may choose handcrafted lemonades, coffee, tea or soft drink for your beverage. Departure from the PAJC will be 11:00 am and return by 2:30pm. The **\$40 cost** includes roundtrip transportation, appetizer, main dish and drink. **Limited seating available**. For more information call the PAJC at 847-244-9242.

THE MAN CAVE! Everyone needs a safe space to be heard and to hear from others; a space where they can just be themselves, including those assigned to the roles of protectors, providers, brothers, sons, husbands and fathers. Well, we heard you and we're excited to present something exciting and new for the MEN! For more information, see page 8 and give us a call at 847-244-9242.

Rev. Dr. Martin Luther King, Jr. Breakfast: One of our most anticipated annual events, the **Rev. Dr. Martin Luther King, Jr. Dreamers Breakfast**, will be held on **Monday, January 20th at 10:00 am**. As we celebrate and honor those within our community who exhibit the qualities that Dr. King embodied, with our **Dreamers Award**. Tickets are **\$75 per person**. Sponsorship seating can be purchased at the Supervisors Office, 149 S. Genesee Street and online at www.waukegantownship.com.

Please keep in mind that the Patricia A. Jones Center will be closed: **Monday, November 11th, for Veterans Day; November 28th & 29th for Thanksgiving; December 25th for Christmas & January 1st for New Year's Day.**

Happiest of Holidays to you & yours,


Marc L. Jones

Waukegan Township Supervisor/CEO



Day Trips/Overnight Excursions

Page 2



The Dancing Horses Holiday Show Wednesday, November 13, 2024

If you are ready to kick-off the holiday season, join us for the beautiful **Dancing Horses of Delevan, Wisconsin**! There is no better way to start the festivities than by joining this magical holiday experience. You will witness the glory of all-new music, horse tricks, acrobatics, and equine performers. This trip includes a 3-course lunch, show admission, backstage tour and roundtrip motorcoach transportation. **Bus departs the Patricia A. Jones Center at 9:45 am and returns by 5:00 pm. Cost is \$135 per person.**



North Shore Bakery Bus Tour Wednesday, December 11, 2024

Join us on the **North Shore Chicago Bakery Bus!** You will be treated to signature cookies, candies, and pastries from at least 4 of Santa's favorite bakeries along Chicago's North Shore! This tour is complete with treats from bakeries, stories of cultural holiday traditions from a variety of groups such as the Greek, Polish, German, Italian, Irish, and Chinese. **The trip departs from the PAJC at 9:30 am and returns by 3:00 pm. The cost of \$156 includes guided tours, meal and guide gratuities.**

Washington, DC & the Cherry Blossoms



April 11th - 13th, 2025

3 days & 2 nights

Includes:

- Round trip airfare, Chicago to Washington DC
- Deluxe roundtrip motorcoach transportation
- 2 great breakfasts at your hotel outside of DC
- A delicious dinner at fine local restaurant
- Elegant cherry blossom lunch cruise aboard the "Odyssey"
- Guided illumination tour of the Washington monuments

Also visits to:

- National Museum of African American History
- Arlington National Cemetery tram car ride
- D.C. Holocaust Memorial & Museum
- National Vietnam & WWII Memorial
- 9/11 Pentagon Memorial Park. Cost is **\$997 per person-double occupancy.**



Join us as we travel to London, England!

Friday, October 17 -
Thursday, October 23, 2025

- We will visit the Tower of London
- Do an exterior viewing of Buckingham Palace, Parliament and Westminster Abbey
- Visit Windsor Castle
- Sail down the River Thames to Greenwich
- Do a walking culinary tour, sampling the best of local eateries and food of traditional London
- Explore the birthplace of Queen Victoria: Kensington Palace
- Along with time on your own to explore more sites

Cost for this trip will be **\$3,599 per person-double occupancy.** We will fly out of O'Hare International Airport for this once in a lifetime experience. Upgrades are available. **Passport required.**

Trips are open to adults 18 and older and residing within or outside of Waukegan Township. For more information, call Abigail Hernandez at 847-244-9242.

Waukegan Township Event & Programs

Page 3



Martha's Vineyard & Nantucket-Cape Cod

Monday, September 15th through
Friday, September 19th 2025

- ♦ Round trip Airfare Chicago to Boston
- ♦ Round trip motorcoach transportation.
- ♦ Four nights accommodations
- ♦ Four deluxe continental breakfast
- ♦ Four dinners at fine local restaurants
- ♦ Hyannis Harbor Cruise
- ♦ Guided Tour of Hyannis to Provincetown
- ♦ RT Ferry to Martha's Vineyard Island
- ♦ Guided tour of Martha's Vineyard
- ♦ RT Ferry to Nantucket Island
- ♦ JFK Memorial
- ♦ Korean War Memorial
- ♦ Cape Cod National Seashore & Salt Pond This trip will be **\$1369 per person/dbl occupancy.**



PAJC Holiday Celebration Thursday, December 20, 2024 1:00pm

Join us for our upcoming holiday celebration. Come enjoy entertainment, a gourmet traditional holiday lunch, raffles and special surprises. Contact the Patricia A. Jones Center to RSVP. **Space is limited** for this special event, so register early, by calling the PAJC 847-244-9242. **Transportation is available.**

Coffee & Conversation with Waukegan Township Supervisor Marc L. Jones

Wednesday, December 11, 2024
10:00am

Something on your mind? Questions about how things are done at the Township level? Ever just wanted to converse with the Township Supervisor? Here is your chance to discuss, in a personal round-table format, your concerns, or voice your opinion. In turn, the Supervisor will inform you about Township happenings. Please call 847-244-9242 to register.

Patricia A. Jones Center Cuisine Café

Monday, November 18, 2024

Magnolia Café & Bakery

The **Magnolia Café & Bakery** is not like any other restaurant. It's a place where you can enjoy a delicious homemade meal while receiving the best service from our employees - adults with developmental disabilities. *The trip departs from the PAJC at 11:00 am and returns by 3:00 pm. The cost of \$34 includes roundtrip transportation, meal with appetizer, main dish and drink.*

Meal sections for these trips will be:

Appetizer: (Select one)

*Onion Straws, Wisconsin Cheese Curds or
Chicken Tenders

Main Dish: (Select one)

***(Signature Flat Breads)** Philly steak, garden basil pesto, or spiced up pepperoni. You may select Magnolia chopped salad, classic cobb salad, spicy chipotle burger, black bean burger, or the portobello mushroom sandwich, patty melt or the classic club. Add sweet potato fries, side salad or homemade soup to your sandwich. You may choose coffee, tea or soft drink for your beverage.

Monday, December 16, 2024

Cheddar's Scratch Kitchen

Appetizer : (Select one)

Chips & homemade queso, honey buttered
croissants or Cheddar's queso fries.

Main Dish: (Select one)

Grilled Chicken Pecan Salad, Bear Battered Shrimp platter, Grilled White Fish, Dijon chicken & Mushrooms, Grilled pork chop, Ceaser pasta Salad, Chicken tenders & shrimp, 6oz fire grilled sirloin steak or baby back ribs. Your choice of hand crafted lemonades, coffee, tea or soft drink for your beverage.

The trip departs from the PAJC at 11:00 am and returns by 2:30 pm. The cost of \$37 includes roundtrip transportation, appetizer, main dish and drink.

Limited seating available. Each person will be responsible for any additional menu selections. For information please call the PAJC at 847-244-9242.

Waukegan Township Wellness Programs

Page 4



Diving Into Deep Health - Part XI Transformational Power of Movement and Recovery Monday, November 4, 2024 - 10:30am

Come and learn how movement gives us strength and builds our confidence. Through movement we are challenged to go further, push harder. It breaks down barriers both set for ourselves, and by others. When we're moving, anything feels possible.



Illinois Solar for All Monday, November 4, 2024 1:00pm - 2:00pm

Join us as we learn from community and environmental activist how we can save money AND protect the planet by using **solar energy**. Home ownership not required. For more information on this or any of our other listed workshops, please contact Kaneicia Brown by calling 847-244-9242 or via email to Kbrown@waukegantownship.com.

Understanding Alzheimer's and Dementia Monday, November 18, 2024 - 10:30am

Join us as we welcome the **Alzheimer's Association, Illinois Chapter** and learn that dementia is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us as we learn the impact and difference between Alzheimer's and dementia. For more information on this or any of our other listed workshops, please contact Kaneicia Brown at 847-244-9242 or via email at Kbrown@waukegantownship.com.

Ageless and Awesome Quarterly Meeting Monday, November 18, 2024 - 12:00 Noon

If you are a part of the **Ageless and Awesome Program**, join us for our quarterly meeting to check your progress and receive your packet for the upcoming quarter. For more information on this or any of our other listed workshops, please contact Kaneicia Brown at 847-244-9242 or via email at Kbrown@waukegantownship.com.

All About ElderCare Monday, November 25, 2024 - 11:30am

For over 25 years, **ElderCare** has helped older adults in Lake County maintain their health and independence through the programs they offer. Come and learn about these services. For more information, please contact Kaneicia Brown at 847-244-9242 or via email at Kbrown@waukegantownship.com.

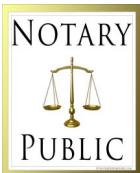


Diving Into Deep Health - Part XII How to Change and be Resilient Monday, December 2, 2024 - 10:30am

Change may be the one constant we can count on in life. But the speed with which we've had to make some of these changes has been stressful. While stress levels will vary from person to person, I believe they are creating a unique opportunity for us to build resilience.

Services to Assist you!

Page 5



Complimentary Services

Waukegan Township provides:

- * Complimentary Notary Services
- * Voter Registration
- * Passport Processing Services

Administrative office located at 149 S. Genesee street is a certified Passport site. For more information, call 847-244-4900.

Passport photos available.



Did you know Medicare is the most popular senior medical insurance plan?

Medicare is a federal health insurance program for people ages 65 and older. It can also cover younger people with disabilities or severe health conditions, and is divided into four different parts: **A, B, C & D.**

The Illinois Department on Aging Senior Health Insurance Program (SHIP)

Patricia A. Jones Center has staff available year-round, to assist with any questions pertaining to **Medicare Parts A, B, C & D.** Appointments must be scheduled in advance. Open enrollment October 15th through December 7th 2024.

Benefit Access Program hours:
M-F 9:00am - 4:00 pm

Call 847-244-9242 to schedule your appointment.



Food Distribution



THURSDAYS
November 7, 2024
&
December 5, 2024
10:30 am

Patricia A. Jones Center Room Rental



Need a great place to hold a meeting, birthday party, anniversary, wedding reception, bridal shower or other gathering?

Our renovated room can accommodate up to 80 guests! Tables and chairs included in rental. Call 847-244-9242. Reserve for your special day!

Patricia A. Jones Center Support Groups

Grandparents Raising Grandchildren & Other Relative Caregivers Group:

(Meets the 2nd Monday of each month at 5pm)

Monday, November 18, 2024 - Mothers Trust Foundation: Come and learn about how MTF provides immediate assistance during times of crisis to low-income children living in Lake County, Illinois

Monday, December 9, 2024 - Holiday Party: This group will celebrate their Holiday Party on this date.

Grupo De Apoyo en Español Spanish Support Group:

(Meets the 2nd Monday of each month at 10am/Se juntan el segundo viernes de cada mes a las 10am)

Friday, November 8, 2024 - North Suburban Legal Aid Clinic (NSLAC): Join us as NSLAC provides accessible, quality, equitable, free legal services in the areas of domestic violence, housing and immigration to give low-income, at risk community members access to justice and the opportunity to live proactive and secure lives.

Friday, December 13, 2024 - Christmas Party: This group will celebrate their Christmas Party on this date.

Wednesday & Friday

9:00am.....	TJQMBB-Tai Ji Quan: Moving for Better Balance (Wednesdays & Fridays)
10:15am	Zumba Gold (Wednesday 10:15am & Fridays 11:15am)
12:00pm.....	Eat Smart, Move More, Weigh Less Program (Wednesdays)
11:00am	Silver Sneakers Yoga (Wednesdays)
10:15am & 1:15am.....	Senior Circuit Training (Wednesdays 1:15am & Fridays 10:15am)

Tuesdays & Thursdays (On Zoom and Live at the PAJ Center)

9:15am.....	Senior Circuit Training (Tuesdays & Thursdays)
10:15am.....	Silver Sneakers Yoga (Tuesdays & Thursdays)
11:00am.....	Total Body Blast (Tuesdays & Thursdays)
12:00pm.....	Matter of Balance (Thursdays)



Country Line Dancing:
Fridays at 10:15 am
Please call 847-244-9242
for more information.

Class Details

Circuit Training	This is a supervised training class that involves timed rotations around each piece of exercise equipment. This class will occur in the fitness center, with a limit of 10 persons per class. You must sign up prior to participating. Sign up sheets will be posted on the fitness center door.
Total Body Blast	Total Body Blast is an interval type training class that focuses on conditioning the cardiovascular system while increasing muscle strength. Exercises are moderate to high intensity, with active rest and water breaks.
Silver Sneaker Yoga	A modified yoga class with both seated and standing poses. Restorative breathing exercise and final relaxation will promote stress reduction and mental clarity.
Zumba Gold	Zumba Gold is a modified Zumba class for active older adults.
ESMMWL	a 15-week weight management program with your own registered dietician. Must be in the Ageless and Awesome Program.
TJQMBB	A 60-minute Yang-style Tai Chi that progresses from easy to challenging. Improves balance, coordination, and reduces falls by at least 58% upon completion.
Matter of Balance	This is a two-hour class that primarily focuses on reducing fears around falling, by developing cognitive skills to increase safety in and out of the home, and increasing activity levels. Snacks will be provided.

Waukegan Township Patricia A. Jones Center strongly recommends that you consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise. Waukegan Township PAJ Center is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining or treating medical conditions of any kind, or in determining the effects of any specific exercise on a medical condition. When participating in any exercise program, there is the possibility of physical injury. If you engage in this exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Waukegan Township PAJ Center from any and all claims or causes of action, known or unknown, arising out of Waukegan Township PAJ Center's negligence.

Health & Wellness Week

Monday, December 16 - Thursday, December 19, 2024

Join us as we close out the year with informationals, Lunch & Learns, game days, exercise demos, and our health & wellness fair.

Monday 12/16

12 Noon:
What's the 211
Lunch & Learn

Tuesday 12/17

12:30pm:
Health & Wellness
Game Day Lunch &
Learn

Wednesday 12/18

9:00-11:00am: Health Fair
11:30am: Kim from Sharp Again-Meditation session
12 Noon: Eat Smart, Move More.
Weigh Less
1:00pm: Flourish Health - Lunch & Learn

Thursday 12/19

12:30pm:
Encompass Health
Lunch & Learn



~Family members, you are always in our thoughts.~



We Remember those who are no
longer with us...

July 24, 2024 - October 1, 2024

Bradshaw & Range

Sara Carolyn Marie Hills 07/27/2024
Michael A. Hasty 07/27/2024
Laura E. Bond 07/28/2024
TW Gordon 07/30/2024
Fernando R. Shipley 08/03/2024
Nancy A. Packard 08/06/2024
Carl Jones 08/10/2024
Emma Lee Jackson 08/11/2024
William Hughes 08/11/2024
Thomas L. Tuten 08/13/2024
Sandra Jean Bookner 08/13/2024
Elfreda A. Sproul 08/15/2024
Delores C. Nelson 08/19/2024
Bonita C. Duncan 08/19/2024
Linda Smith 08/20/2024
Albert Curtis, Jr. 08/23/2024
Earl L. Hooker 08/27/2024
Teresa M. Wilkins 09/06/2024
Wilhelmina F. Lewis 09/08/2024
Madelyn A. Richardson 09/11/2024
Dr. Ruby Cain 09/14/2024
Kenny James Johnson 09/18/2024
Donald Pierson 09/20/2024
Pamela A. Parham 09/20/2024
Beverly A. "Granny" Howell 09/26/2024
Lacy Mae Henry 09/26/2024
James Everett Graham 09/26/2024
Surgene Covance Cabell 10/01/2024

Peterson & Patch

Herminia Martinez 07/26/2024
Paula Bickwermert 08/08/2024
Ronald Celesnik 08/13/2024
William Claude Ivantic 08/22/2024
Timothy J. Levandoski 08/27/2024
Elizabeth Elasarian 08/31/2024
Jay Willard Riley 09/06/2024
Pamela Kay Miller 09/09/2024
Armella S. Nordstrom 09/11/2024
Jesus Guzman Villagomez 09/15/2024
Carol Kuzara 09/19/2024

Tolar-Westgate

Henry O'Neal Reed, Sr. 03/29/2024
Michael A. Craig 08/05/2024
Jessie Travis 09/06/2024
Robert Burrell 09/07/2024
Hattie Pearl Balentine 09/10/2024
Louise Matthews 09/13/2024

Louis Norvelle Woods

09/14/2024
09/15/2024
09/23/2024
09/29/2024
03/29/2024

Congdon Funeral Home

Jane Suggs 07/24/2024
Ronald L. Adair 07/25/2024
Bernadette Ann Mack 07/27/2024
Steven Guidish 07/31/2024

Marsh Funeral Home

Stanley John Smith 08/03/2024
Donald R. Mongeau 08/04/2024
Herman Reyes Monton 08/06/2024
Valorie Kay Brock 08/07/2024
Dr. Roger Funk 08/10/2024
Teresa Mutya Casapao 08/19/2024
Allison Markoutsis 08/17/2024
Lorie Marie Pratt 08/21/2024
Barbara K. Wahl 08/22/2024
John J. Wisowaty 08/23/2024
Arnulfo Acosta 08/27/2024
Jane Carolyn Mota 08/28/2024
Teresa Hiller 09/08/2024
Helen W. Huhtelin 09/11/2024
Natividad Morales Alvarez 09/12/2024
Juanita Maxine Svehla 09/11/2024
Suzanne Marie Anderson 09/15/2024
Gary E. Huffhines 09/17/2024
Ula Teresa Ambroziak Holm 09/17/2024
Arthur W. Catania 09/25/2024
Donald E. Rozga 09/30/2024

Memorial Chapel

Jeronimo Mendez Navarrette 07/24/2024
Dunnys Maribel Mendez 08/09/2024
Margarito "Pillillo" Mata Rodriguez 08/20/2024
Cesilia Nateras Torres 08/25/2024

Warren Funeral Home

Segio Abrego 08/29/2024
Delia Estelita Chuc 09/11/2024
Henry Wallace Garrett 07/28/2024
Dianna B. Crowe 08/05/2024
Charles "Skip" Holderbaum 08/24/2024
Luana Ross 08/26/2024
Ardell Maatta 08/28/2024
Saramma Thomas 09/06/2024
Nancy S. Derby 09/11/2024
Bonnie Jean Fraser 09/11/2024
Violet Louise Staples 09/15/2024
Elvira Hayes 09/19/2024
Phyllis Marie Staples 09/23/2024
Charles Norman Dubre 09/27/2024
Raymond M. Karimu 09/29/2024
Saudra D. Watkins 10/01/2024

Trustees: Percy L. Johnson, Sylvestre

Castellanos, Jeff McBride, Dulce Ortiz

Clerk - Rose Staben

Assessor - Mark Stricklin

Patricia A. Jones Center

Senior Citizens Services Committee:

Chairman: Jacqueline Nieves

Vice Chairman: Dwight "J.J." Johnson

Secretary: Sugar Young

Members: Luisa Judice, Janaki Mala Srinivasa, and

Nelson "Whit" Whitaker

Honorary SCSC Member: Alderman Larry Eaker

Open to the Public

Patricia A. Jones Center

Monday 9:00 AM - 4:30 PM

Tuesday 9:00 AM - 4:30 PM

Wednesday 9:00 AM - 4:30 PM

Thursday 9:00 AM - 4:30 PM

Friday 9:00 AM - 4:30 PM

Saturday Open only for rentals

Sunday Open only for rentals

PATRICIA A. JONES CENTER

414 S. Lewis Ave.

Waukegan, IL 60085

Phone: 847-244-9242

Fax: 847-244-9258

www.waukegantownship.com

PRESORT STANDARD

US POSTAGE PAID

PALATINE P & DC

PERMIT NO. 418



The Man Cave!

Friday, December 6, 2024 - 1:00pm

The Patricia A. Jones Center will launch a brand new initiative centered around **MEN!** Men's groups are a valuable source of personal development for men building relationship skills, leadership skills, emotional awareness, self esteem, general life skills and healing. Men's groups work to counteract the isolation some men experience. Join us as we welcome Mr. Ronnell Ewing who will facilitate this group in an informal setting to discuss topics that are of interest and concern to men. For more information, please call the PAJC at 847-244-9242.

Health & Wellness Fair
Wednesday, December 18, 2024

9:00 am - 11:00 am



Get ready for our first **Health and Wellness Fair** since 2019. This will be an educational and interactive event designed to provide basic information and medical screening to seniors in the community. Medical personal will be on-site to assist and answer any questions and concerns you may have. For more information, please contact the PAJC at 847-244-9242.